

Amazing Yoga Kids: 6-11

Winter 2012

Kids Yoga Classes for Ages 6-11

Along with some fun yoga games we will focus on non competitive backbends, handstands, general strength and flexibility and breath work. No previous experience required.

Nancy Candeia, Experienced Registered Yoga Teacher, Yoga Therapist and dancer has taught children's movement and yoga classes for 30 years in studios, community centers, at-risk youth programs, and summer camps

"Now that my girls are in college, I am grateful for making yoga a part of their life while they were young."

My 21 year old is practicing in Cape Town, South Africa and my 19 year old is thinking of starting a yoga club at her college. The yoga skills that they bring with them into the world range from how to take care of their bodies and how to relax, along with a vision of non violence and compassion."



5 Week Session:

Thursdays 5:00 –5:45pm

Jan:26, Feb: 2, 9, 16 & 23

Cost: \$75 per child

Pre-Registration Required with Payment to reserve your spot.

Sign up online or at the studio!



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